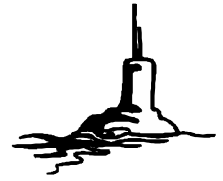




# IN THE NAVY



## RECOGNIZING OUR OWN

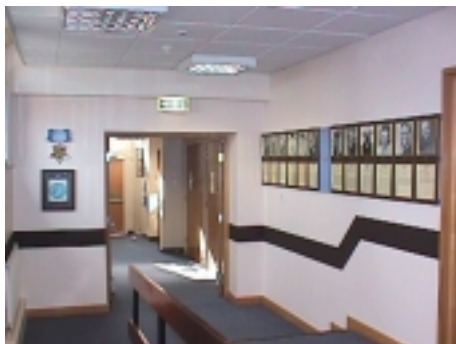
**BY ITCS MURPHY, USN**

The Medal of Honor is the highest award presented to members of the armed forces for performance far above and beyond the call of duty. Unfortunately the Medal is often presented posthumously to surviving family members of Sailors and Marines who paid the ultimate price for their heroic actions.



The past few weeks have seen a transformation of the Naval Medical Clinic, London's Medal of Honor Hall. HMC Steven C. Jackson, Head of Operating Management, and LCDR James Romine, Director for Administration, have tremendously improved the hall's design and appearance.

The Medal of Honor Hall has become a tradition in Navy medicine and is seen at the Bureau of Medicine and surgery as well as Naval hospitals and clinics throughout the world. The Sailors and Marines who



are recognized there knew the meaning of Honor, Courage and Commitment. Entering the Naval Medical Clinic and proceeding down the hallway, patients and staff members meet the photos and tributes to Medical Department Sailors and Marines who have been recognized

as Prisoners' of War or Missing in Action. Continuing on either side are the photos and tributes for recipients of the Medal of Honor. At the end of the hall is a carving of the Medal of Honor that was done by LCDR Ken Powell, the clinic's former Pharmacist, prior to his retirement. Below the carving is a plaque signed by the four surviving Hospital Corpsmen on the occasion of the Navy Hospital Corps' 100<sup>th</sup> Anniversary in 1998.

For all those who pass by the Medal of Honor Hall is a daily proud reminder of Sailors and Marines who paid the ultimate price for their shipmates and country. It memorializes the incomparable sacrifice of these service members and reflects our own enormous pride, respect and dedication to our profession, the Navy and our country. The next time you are in our clinic, please take a few minutes to view the new Medal of Honor Hall. It's worth it.

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## UK CENSUS

Beginning April 9, the United Kingdom's "Count Me in 2001" National Census personnel will deliver Census questionnaire forms to military family housing units and base dormitories (barracks), as well as to off-base homes across the UK.

The forms will be collected from the dormitories beginning April 29. Military family housing residents will return their forms via post.

The Census form must be completed by all "usual residents" of the UK, including US visiting forces and their families. "Usual residents" are defined by UK legislation as "persons who have resided or intend to reside in the premises or vessel for a total period of 6 months or more beginning on or before Census day".

For more information contact Mr. John Szakas at DSN: 235-6103 or ext. 6103



# AROUND THE FORCES



## FOOT AND MOUTH DISEASE (FMD) THE LATEST

As of this date, around 300 infestation sites have been identified in the United Kingdom, plus one confirmed case in Northern Ireland. A confirmed case has also been identified in the Loire valley of France, a situation that suggests that the infestation is still in an expanding mode and therefore, with possibilities of reaching farther within the European continent.

Dogs, cats and horses are not affected by the virus, but may act as carriers, in their saliva or in the case of horses, in their hoofs. The virus could be easily transmitted by farm equipment and animals, personal footwear and clothing. It could also be transmitted on vehicles transiting through infected farmland or even blown by the wind to distances of up to 25 miles.

Since the disease appears to be appearing not only in this part of the world, but also in South America, the United States (US) are very concerned about the possibility of its entry into its mainland or offshore territories and is therefore implementing very stringent measures to prevent this entry.

All personnel who are making personal property shipments to the United States, or indeed to any other country, are requested to take some extraordinary precautions. Firstly, make sure you respond accurately on the questionnaire at your Personal Property briefing. Your answers will help determine with what intensity your shipment will be inspected. All articles used outside your premises will not only need to be thoroughly cleaned, but also washed in a solution of diluted bleach (Clorox) before they are packed for shipment. Clothing needs to be washed normally, but shoes, skates toys, etc need to be disinfected. Any food items included in your shipment should be placed in the container that has your other outdoors household articles (OHA) and be packed last by the carrier. If there are no OHA then the food items should be placed in container number one.

Persons shipping a POV need to clean the vehicle thoroughly inside and outside. Please pay particular attention to the fender wells, rear bumper areas and the engine compartment. The contractor TRANSCAR will ensure the vehicle is disinfected prior to shipment but, it must be cleaned properly before they can accept it for shipment.

The Post Office is issuing guidance regarding mailing items through the postal system.

**We need your help in keeping this disease contained.**

If you have any questions or need any assistance please contact COMNAVACTUK Customs/ Agriculture Program Manager, Herb Beck on 018956-16585/7, Fax 018956-16640 or e-mail at: [beck@cnavk.navy.mil](mailto:beck@cnavk.navy.mil)

Go on line and check out the latest information yourself at [www.maff.gov.uk](http://www.maff.gov.uk)

# UNITED KINGDOM - PUBLIC ANNOUNCEMENT

## MARCH 15, 2001

The United Kingdom is experiencing an outbreak of Foot and Mouth Disease (FMD - known in the United States as Hoof and Mouth Disease). While there is no risk to humans, it is an acute, highly contagious, degenerative viral disease of cloven-hoofed animals, such as cattle and pigs. The disease is not normally fatal, but it can devastate livestock and other animals.

People can spread the disease if they come into contact with infected animals/areas as the virus can ride along on articles of clothing and footwear. Travel in the United Kingdom has been affected. In order to prevent further spread of the disease, access to rural areas has been restricted. Roads in the vicinity of farms where Foot and Mouth Disease has been detected are closed. Many footpaths, rural tourist sites (including Hampton Court Home Park, Stonehenge and National Trust Tenanted Farms), parks and zoos have been closed.

To minimize inconvenience, travelers should consult their travel agent or tour operator before traveling to the United Kingdom. For day-to-day updates, you may wish to consult the following web sites: the U.K. Ministry of Agriculture, Fisheries and Food at <http://www.maff.gov.uk> (provides details on travel and access restrictions and other relevant information) and British Information Services at <http://www.britainusa.com>.

The U.S. Department of Agriculture is taking measures to guard against the introduction of FMD into the United States. The USDA urges travelers from any country infected by FMD to avoid farms, zoos, fairs or animal facilities for five days prior to travel, and to launder or dry clean all clothing and outerware. Soiled luggage and personal items should also be cleaned. Current information on FMD and related issues are available at <http://www.usda.gov>.

For further information on travel to the United Kingdom, please consult the Consular Information Sheet for the U.K. at <http://travel.state.gov>.

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### FOOT AND MOUTH FREQUENTLY ASKED QUESTIONS

The following has been provided by Norfolk County Council in response to queries received during the Foot and Mouth emergency, but will also be relevant to other areas.

**What is the incubation period for this disease?**  
The average incubation period is three-eight days but it can be shorter or may extend to 14 days or longer

**May I walk on agricultural land with the permission of the landowner?**

Yes. Although we are still asking members of the public to avoid having to do so.

**Why is access to forestry land restricted?**  
Forestry land is restricted because deer can catch foot and mouth and spread the infection

**Will refuse (trash) collections still take place for rural properties?**

Yes. Collections will take place, but if you live on a farm or down a farm track, please leave your rubbish (trash) bags or bin at the tarmaced (asphalt) road

**Where can I walk my dog?**

Dogs can be exercised on public roads, but not on agricultural land or in woodland. If in doubt stay on a tarmaced (asphalt) road or built-up areas.

**Should I keep my dog on a lead?**

Your dog should be kept on a lead so it cannot stray to restricted land.

**Can I walk my dog in woods, forest and on beaches?**  
Dogs can be exercised on beaches as long as your route to the beach doesn't cross farmland or forestry.

**Can I walk on footpaths or bridleways?**  
No. The restriction forbids access to any agricultural land and forestry land and includes any path giving access to such land. The restriction does not apply to urban paths which do not give access to farm or forestry

**Is it only paths marked with warning signs which are closed?**  
No. The restriction forbids access to any agricultural land and forestry land, and includes any path which gives access to such land. It is not possible to have signs up on every path, but the clear message for the general public is to stay off agricultural and forestry land.

**Can I walk on common/greens**  
Commons used for grazing livestock are regarded as agricultural land and cannot be used by the public. However, there are many commons and greens which are not grazed and which can be used without restriction.

**Are coastal paths open?**  
If a coast path is on agricultural land it is unlawful for members of the public to use it.



## E-LES (E/MSS COMES ONLINE)

### PN3 TODD ELLIOTT

#### PSD Public Affairs

How many times have you needed your Leave and Earnings Statement (LES) for something and could never find it? How many times have you had to take time out of your busy day to go to PSD for another LES because you misplaced yours and your chain of command needed it for your Leave request, or maybe, to start an allotment?

Well, these days of LES paper search maybe over if you elect to use this great opportunity, the new system of E-LES.

The Department of Defense recently announced the Electronic Leave and Earning Statement (E-LES) and E/MSS is now online and available to all Active Duty, Reserve and DOD employees. The E-LES is a paperless initiative that allows those eligible to view and print their LES through E/MSS, which is the Employee/Member Self Service server. E-LES mirrors the hardcopy LES that we are all used to getting, but now you can view it days earlier via a secure server.

The Internet address to get it all started is <https://emssdemo.dfas.mil>.

Here are the advantages to using E-LES as opposed to waiting for your original hardcopy paper LES to make its way to you:

- (1) Although E-LES will not take the place of the original paper LES we are all used to receiving, it gives you the opportunity to view or print the information you need for a leave request or special program without having to leave your desk.
- (2) E-LES is also on board with the DOD's paperless initiative. Giving the member the chance to access their own LES anytime they want will save time and materials throughout the Department of Defense worldwide.
- (3) Not only will E-LES show you the current pay period, it will give you the option to view the previous three pay periods also.

Another advantage in using this program: not only can you access your LES, you can also have the ability to change or start Financial Allotments (not applicable to annuitants), Direct Deposits, and Federal Taxes, all from the E/MSS web site.

HOW TO GET STARTED. To get "on-line" with the 21<sup>st</sup> Century Navy is to have a personal computer, at home or at work, that uses any of the industry standard web browsers. You will also need your Social Security Number and a Personal Identification Number (PIN). If you have not already received a PIN number through the mail, simply call the DFAS E/MSS Customer Service Number at 1-800-390-2348 during normal stateside business hours to receive one. The E-LES system will only succeed if you take full advantage of the services available to you.



**Sea to Sea (C2C) Bike Trip**

Whitehaven to Sunderland  
**135 miles**  
31 Aug - 3 Sep (Labor Day Weekend)

Heather clad in the summer, snow capped in the winter, this remote area may be wild on any day of the year. But, given good weather the North Pennines has the most beautiful, empty countryside to be found in England.

Leaving the West Coast at Whitehaven (Irish Sea), running through the northern Lake District onto the North Pennines, and then climbing onto the roof of England and the Grandeur of the Durham Dales, before finally dropping down to Sunderland on the East Coast (North Sea)

The Sea to Sea (C2C) is 135 miles long. Based on minor roads, and 56 miles of traffic-free paths. Several sections of the route offer a choice of a road bike option or an off road alternative to test the best mountain bike.

We will be staying two nights in Youth Hostels, one in the heart of the Lake District, one in the heart of the Pennines, then on the last night in a Guest House in Sunderland.

IF YOU THINK YOU'VE GOT WHAT IT TAKES, IF YOU LIKE A CHALLENGE, THEN THIS IS THE TRIP FOR YOU

Cost is £104 per person; this includes all accommodation and meals at the Youth Hostels, B&B only at the Guest House, transportation and Sustrans C2C Map.

**Call Ray on 01895-61-6560 for more information**



**The West Highland Way Scotland**  
17 - 25 August 01

This is your chance to walk Scotland's best known long distance marked route "The West Highland Way" from the Lowlands of Milngavie on the outskirts of Glasgow, to Fort William, in the heart of the Highlands. This walk passes through spectacular scenery and includes walks through the ancient oak woodland of Loch Lomond, (Scotland's largest loch) onto the bleak and desolate Rannoch Moor, before passing the head of Glencoe and down onto Fort William at the foot of Scotland's highest mountain Ben Nevis (4406ft).

The cost for the nine days (8 nights) will be £590, all-in. (except travel day meal there & back).

Early booking for this trip is essential, and a £75 non-refundable deposit needed on sign up.

Don't miss out, a small group of 8-10 is the max, so set your goals today and ring Ray Knight on 0850 01895-616560.

The package includes 7 days of walking with 8 nights accommodation and is all inclusive of guiding transport of luggage (by dedicated mini-bus back up) all meals including packed lunches completion certificate transfers to and from Scotland, from WIR.

Route is broken down to 7 stages ranging from 10-16.5 miles per day (longest is on easy ground) There is mini-bus support to allow walkers the option of missing out a day/half day if they need a rest.

\* Grade 2: Easy - Moderate - walks generally about 12 miles (16km) with up to 400m ascents. Slightly greater distance on easier ground.